

Juniper-Pine Massage Oil

Makes about 2 ounces

2 ounces jojoba oil

20 drops of pine essential oil

20 drops juniper essential oil

1. In a small bottle with a tight fitting lid, combine the JoJoba oil with the Pine and Juniper essential oils. Secure the lid and shake well to blend.
2. Apply 3 or 4 drops of the blend to a cosmetic pad, and swab the affected joint, using more or less depending on the size of the joint. Repeat every 2 to 3 hours or as needed.

Storage

Keep in a cool, dark place

Tip

This massage oil makes an excellent vapor treatment for treating colds and coughs. Put one teaspoon into a hot bath and breathe deeply while relaxing.

The portable essential oils by Anne Kennedy